



Document # _____
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CATALOG YEAR 2010-2011
(Please use separate form for each add/change)

COLLEGE/SCHOOL : _____ Education _____

Current Catalog Page(s) Affected _____

Course: Add: X Delete: _____ Change: Number _____ Title _____
(check all that apply) SCH _____ Description _____ Prerequisite _____

If new, provide Course Prefix, Number, Title, SCH Value, Description, prerequisite, and lecture/lab hours if applicable. If in current catalog, provide change and attach page with changes in red and provide a brief justification.

Justification: The Early College High School, needs an appropriate physical education course so students do not repeat the same course to satisfy their high school graduation requirements. The Fitness and Sports faculty recommend that this course (EDFS 1102 Team Activities) be used for this purpose. This particular course may also alleviate the overuse of some gym facilities.

Program: Add: _____ Change: _____ Attach new/changed Program of Study description and 4-year plan. If in current catalog, provide change and attach page with changes in red.

Minor: Add: _____ Delete: _____ Change: _____ Attach new/changed minor. If in current catalog, provide change and attach page with changes in red.

Faculty: Add: _____ Delete: _____ Change: _____ Attach new/changed faculty entry. If in current catalog, provide change and attach page with changes in red.

College Introductory Pages: Add information: _____ Change information: _____ Attach new/changed information. If in current catalog, provide change and attach page with changes in red.

Approvals:

Chair
Department Curriculum Committee

Chair
Department

Chair
College Curriculum Committee

Dean

Signature	Date
Ronald J. Anderson	Digitally signed by Ronald J. Anderson DN: cn=Ronald J. Anderson, o=Texas A&M International University, ou=Department of Teacher Preparation, email=randerson@tamiu.edu, c=US Date: 2010.04.30 15:47:50 -05'00'
Ronald J. Anderson	Digitally signed by Ronald J. Anderson DN: cn=Ronald J. Anderson, o=Texas A&M International University, ou=Department of Teacher Preparation, email=randerson@tamiu.edu, c=US Date: 2010.04.30 15:48:18 -05'00'
Dr. Humberto Gonzalez	Digitally signed by Dr. Humberto Gonzalez DN: cn=Dr. Humberto Gonzalez, email=hgonzalez@tamiu.edu, o=Texas AM International University, ou=College of Education, c=US Date: 2010.04.30 16:10:03 -05'00'
Dr. Humberto Gonzalez	Digitally signed by Dr. Humberto Gonzalez DN: cn=Dr. Humberto Gonzalez, email=hgonzalez@tamiu.edu, o=Texas AM International University, ou=College of Education, c=US Date: 2010.04.30 16:10:21 -05'00'

EDFS 1102
Team Activities

One semester hour.

This course explores psycho-social concepts such as team work, effective communication and problem solving skills through a series of physical activities. One hour lecture and one hour laboratory per week.

TEXAS A&M INTERNATIONAL UNIVERSITY
College of Education
Department of Fitness & Sports
Fall 2010
EDFS 1102
Team Activities (1 credit hour)

Instructor:	Name
Room:	****
Office Hours:	****
Office Phone:	(956) 326-****
Cell:	(956) ***_****
E-mail:	*****@tamiu.edu

COURSE DESCRIPTION:

This course explores psycho-social concepts such as team work, effective communication and problem solving skills through a series of physical activities.

COURSE OBJECTIVES

- To become acquainted, to identify one another's strengths, and to learn to support and coach one another.
- To engage in group processing--leadership, decision making, communication, and conflict resolution.
- To develop an understanding of the importance of regular exercise and physical activity for the maintenance of good health and wellness.
- To develop and apply good principles in exercise.
- To experience the effects and benefits of exercise and physical activity.
- To develop physical and social skills that enhance students' psychological and emotional well-being.
- To recognize the importance of cooperative interaction and mutual respect.
- To develop individual accountability.

ATTIRE:

Court shoes or athletic shoes, shorts, sweat pants (not baggy or too long), tees, tanks, and T-shirts are proper activity clothing/footwear for this class. For outside activities when the weather is cold sweats are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out. Students may not participate in street clothes or street shoes (i.e. jeans, shirts, sandals, dress shoes, etc.). **Do not forget your workout clothes.** Rings and dangling jewelry such as necklaces, bracelets, and long earrings are not to be worn during class activity time. *Hair needs to be pulled back away from face.

GRADE SCALE:

A=900-1000 points
B=800-899

C=700-799
D=600-699
F= 0-599

Dressing Out (10 points every class)

Students must dress out for participation in activities and wear appropriate clothing.

Class Participation/Attendance (10 points every class)

Attendance

Student's absences *will be excused* for one of the following University reasons.

- 1.1.1 Participation in an activity appearing on the university authorized activity.
- 1.1.2 Death or major illness in a student's immediate family.
- 1.1.3 Illness of a dependent's family member.
- 1.1.4 Participation in legal proceedings or administrative procedures that require a student's presence.
- 1.1.5 Religious holy day.
- 1.1.6 Illness that is too severe or contagious for the student to attend class.
- 1.1.7 Required participation in military duties.
- 1.1.8 Mandatory admission interviews for professional or graduate school which cannot be rescheduled.

The student is responsible for providing satisfactory evidence to the instructor within one week of his or her absence return to substantiate the reason for absence. If the absence was excused, the instructor must either provide the student an opportunity to make up the exam or other work missed. The instructor is under no obligation to provide an opportunity to make up tests, assignments, and other work missed for un-excused absences.

Students will be on time to every class session. Tardies will not be tolerated. Points will be deducted for all tardies and unexcused absences at the end of the semester.

Attention Students:

1. It is the responsibility of the student to inform his/her instructor if they have a condition that may impair or influence participation in class activity (e.g. physical handicap, allergies, and use or medication, etc.)
2. Should you become unable to participate in your regular activity class, contact your instructor immediately.
3. The courses in which you have elected to participate are either required as part of you major or elective. Regardless of the case, you must realize that there is a certain assumption of risk that you engender when you participate in activity class such as these. Please note the above assumption.

Exercise Journal Logs (100 points)

Students are required to keep a record of the exercises they perform during class time, their nutrition, and physical/physiological changes in the body as a result of participation in exercise, as well as emotional/social changes. Journals will be due at midterm and the last day of class.

Pre-Screening Physical Fitness Test (100 points)

Students will be tested at the beginning of the semester. The test includes a three minute step test which measures cardiorespiratory fitness, a curl-up (modified sit up) test which measures muscular endurance, a sit and reach test which measures flexibility and a push up test which measures muscular strength.

Exit Physical Fitness Testing (100 points)

Students will be tested at the end of the semester. The test includes a three minute step test which measures cardiorespiratory fitness, a curl-up (modified sit up) test which measures muscular endurance, a sit and reach test which measures flexibility and a push up test which measures muscular strength.

SCHEDULE OF TOPICS AND ASSIGNMENTS

Course Activities:

1. Bowling
2. Water Fitness
3. Dance
4. Soccer
5. Basketball
6. Softball
7. Volleyball
8. Football
9. Maze Activities
10. Relays
11. Mixed Martial Arts
12. Scooter Activities
13. Paintball
14. Tug of War
15. Rock Climbing
16. Cardio Kickboxing